

CATERING BY  
**au bon pain**®  
THE BAKERY CAFÉ



fresh. delicious. delivered.

1-800-765-4227

[www.aubonpain.com](http://www.aubonpain.com)

# breakfast

## breakfast for the group

### ABP MORNING PASTRY PLATTER

assortment of freshly baked goods and spreads. create your own assortment or have us choose for you.

- bagels: plain (260 Cal), asiago cheese (310 Cal), cinnamon raisin (270 Cal), everything (270 Cal), sesame (280 Cal) and jalapeno cheddar (320 Cal)
- muffins: chocolate chip (490 Cal), blueberry (420 Cal), corn (470 Cal)
- croissants: plain (280 Cal), chocolate (470 Cal), apple (280 Cal), almond (490 Cal)
- other pastries: cinnamon chip scone (460 Cal), sweet cheese danish (500 Cal), cherry danish (460 Cal) and cinnamon roll (490 Cal)
- spreads: butter (60 Cal), jam (35 Cal) & cream cheeses (90 - 100 Cal)

### BAGELS & SPREADS

- bagels: plain (260 Cal), asiago cheese (310 Cal), cinnamon raisin (270 Cal), everything (270 Cal), sesame (280 Cal) and jalapeno cheddar (320 Cal)

### SMOKED SALMON AVOCADO & BAGEL BREAKFAST SERVICE

assortment of freshly baked bagels, smoked salmon, spreads and accompaniments

- bagels: plain (260 Cal), asiago cheese (310 Cal), cinnamon raisin (270 Cal), everything (270 Cal), sesame (280 Cal) and jalapeno cheddar (320 Cal)

accompaniments: smoked salmon, fresh avocado, pickled red onions, cucumbers, arugula & lemon aioli (1100 Cal)

### BREAKFAST SANDWICHES

warm bagels or ciabatta (260-320 Cal) filled with farm fresh eggs and your choice of NY cheddar cheese, hardwood smoked bacon & NY cheddar or Niman Ranch sausage & NY cheddar. a breakfast classic.

- egg & cheddar (460-520 Cal)
- egg, hardwood smoked bacon & cheddar (510-590 Cal)
- egg, Niman Ranch sausage & cheddar (620-680 Cal)

substitute egg whites, add \$1.00 (subtract 70 Cal)

### PREMIUM BREAKFAST SANDWICHES

- the good egg (480 Cal) - two eggs, NY cheddar, avocado, spinach, tomatoes & lemon aioli on rustic baguette
- power protein wrap (820 Cal) - two eggs, turkey sausage, NY cheddar & avocado with spinach, tomatoes & ABP's own herb aioli in a flour tortilla

### SAVORY WARM CROISSANTS

warm from the oven, flaky croissants stuffed with ham & cheese or spinach & cheese. an Au Bon Pain specialty.

- ham & cheese croissant (410 Cal)
- spinach & cheese croissant (320 Cal) **V**

### STUFFED CROISSANTS

buttery croissants filled with cheesy scrambled eggs or cheesy scrambled eggs with bacon and herbs.

- 3 cheese stuffed croissant (540 Cal) **V**
- bacon & cheese stuffed croissant (550 Cal)

### INDIVIDUAL YOGURT & FRUIT PARFAITS

layered with yogurt, berries, and signature granola

- low fat blueberry yogurt with wild blueberries (370 Cal)
- nonfat greek vanilla yogurt with wild blueberries (320 Cal)

### OATMEAL BAR (3670 Cal per bar)

includes toppings: brown sugar (430 Cal), sliced almonds (650 Cal), sweetened dried cranberries (390 Cal) & chocolate chips (610 Cal)

### FRESHLY BREWED (25 Cal per box)

- **signature french roast** (96 oz) - our freshly brewed signature french roast coffee. served with cups, a variety of sweeteners, creamers and coffee stirrers.
- **signature decaf french roast** (96 oz) - our freshly brewed signature decaf french roast coffee. served with cups, a variety of sweeteners, creamers and coffee stirrers.
- **tea** (96 oz) - an assortment of teas served with hot water, cups, lemon, a variety of sweeteners, creamers and stirrers.

### FLORIDA ORANGE JUICE (880 Cal)

a half gallon of refreshing orange juice served with beverage cups

### CHILLED BEVERAGES

Nantucket Nectars: Apple (220 Cal), Orange Mango (240 Cal), Ocean Spray: Cranberry (200 Cal), Apple (210 Cal), Orange Juice (210 Cal), Snapple: Diet Peach Tea (10 Cal), Lemon Tea (150 Cal), Perrier (0 Cal) (ask for available flavors)

### BOTTLED WATER (20 OZ)

- Dasani Water (0 Cal)
- Aquafina Water (0 Cal)
- Poland Spring Water (0 Cal)
- Ice Mountain Water (0 Cal)

Additional nutrition information available upon request.

2000 calories a day is used for general nutrition advice, but calorie needs vary.



# breakfast

## breakfast for 1

### ABP CONTINENTAL BREAKFAST COMBO

individually bagged breakfast choice of a bagel (260-320 Cal), muffin (420-490 Cal), pastry (410-530 Cal) or croissant (280-490 Cal) with whole fruit (120 Cal)

### ABP DELUXE CONTINENTAL BREAKFAST COMBO

individually bagged breakfast choice of a bagel (260-320 Cal), muffin (420-490 Cal), pastry (410-530 Cal) or croissant (280-490 Cal) with medium fruit cup (70 Cal) or medium blueberry yogurt parfait with blueberries (270 Cal)

### SMOKED SALMON AVOCADO SANDWICH

smoked salmon, fresh avocado, cucumbers, pickled red onions, arugula & lemon aioli on ciabatta (470 Cal)

### BREAKFAST SANDWICH


choice of individually bagged breakfast sandwich made on a plain bagel (460-620 Cal)

- egg & cheddar (460 Cal)
- egg, hardwood smoked bacon & cheddar (510 Cal)
- egg, Niman Ranch sausage & cheddar (620 Cal)

substitute egg whites, add \$1.00 (subtract 70 Cal)


### SAVORY WARM CROISSANT

choice of individually bagged savory warm croissant

- ham & cheese croissant (410 Cal)
- spinach & cheese croissant (320 Cal) 

### STUFFED CROISSANT

choice of individually packaged stuffed croissant

- 3 cheese stuffed croissant (540 Cal) 
- bacon & cheese stuffed croissant (550 Cal)

## bon to go

### CHEESE & FRUIT (390 Cal)

brie, NY cheddar, apple, grapes & crackers

### FRUIT, EGG & NUTS (500 Cal)

hard boiled egg, apple, grapes, NY cheddar & mixed nuts

### HUMMUS & PRETZEL CRACKERS (300 Cal)

hummus, cucumber & pretzel crisps

### ADD INDIVIDUAL MEDIUM OATMEAL (480 Cal)

served with sides of brown sugar, dried cranberries & toasted almonds

### ADD FRESH FRUIT CUP

medium (70 Cal)/large (140 Cal)

### ADD WHOLE FRUIT (120 Cal)

apple or banana

### ADD HARD BOILED EGGS (140 Cal)

### ADD KIND® BAR (190/220 Cal)



## lunch boxes

### SANDWICH LUNCH BOX

signature sandwich or wrap, served with potato chips & a freshly baked cookie or whole fruit

- sandwiches (480-770 Cal)
- wraps (590-680 Cal)
- potato chips (180-220 Cal)
- freshly baked cookies (290-590 Cal)
- whole fruit (120 Cal)

### DELUXE SANDWICH LUNCH BOX

signature sandwich or wrap, served with side garden or side caesar salad, potato chips & a freshly baked cookie or whole fruit

- sandwiches (480-770 Cal)
- wraps (590-680 Cal)
- side garden or caesar salad (30/110 Cal)
- potato chips (180-220 Cal)
- freshly baked cookies (290-590 Cal)
- whole fruit (120 Cal)

### DELI SANDWICH LUNCH BOX

your choice of turkey, ham, chicken salad or tuna salad sandwich on county white bread with lettuce & tomato or a mediterranean wrap served with potato chips & a freshly baked chocolate chip cookie or whole fruit

- sandwiches (330-440 Cal)
- wrap (660 Cal)
- potato chips (180-220 Cal)
- chocolate chip cookie (370 Cal)
- whole fruit (120 Cal)

### SALAD LUNCH BOX

entrée salad served with rustic bread and a freshly baked cookie or whole fruit

- salad (30-350 Cal)
- rustic bread (170 Cal)
- whole fruit (120 Cal)
- freshly baked cookies (290-590 Cal)

## bon to go

### HUMMUS & PRETZEL CRACKERS (300 Cal)

hummus, cucumber & pretzel crisps

### CHEESE & FRUIT (390 Cal)

brie, NY cheddar, apple, grapes & crackers

### FRUIT, EGG & NUTS (500 Cal)

hard boiled egg, apple, grapes, NY cheddar & mixed nuts

## lunch for the group

### DELUXE LUNCH

a selection of our signature sandwiches and wraps paired with a fresh salad, potato chips and freshly baked cookies

- sandwiches (480-770 Cal) and wraps (590-680 Cal)
- garden or caesar salad (250/650 Cal)
- potato chips (180-220 Cal)
- freshly baked cookies (290-590 Cal)

### CLASSIC LUNCH

a variety of our signature sandwiches and wraps served with potato chips & freshly baked cookies

- sandwiches (480-770 Cal)
- wraps (590-680 Cal)
- potato chips (180-220 Cal)
- freshly baked cookies (290-590 Cal)

### ABP SIGNATURE SANDWICH TRAY

select from our extensive list of signature sandwiches served on freshly baked breads (country white, ciabatta, rustic baguette, multigrain baguette) & wraps

- sandwiches (480-770 Cal)
- wraps (590-680 Cal)

add a side to your lunch box!

- medium fruit cup (70 Cal)
- KIND® bar (190/220 Cal)



# entrée salads

## individual salads

### **CHEF SALAD (280 Cal)**

fresh diced turkey & ham, romaine & field greens, hardwood smoked bacon, asiago cheese & grape tomatoes

### **V GARDEN SALAD (30 Cal)**

romaine & field greens, grape tomatoes, shredded carrots, cucumbers & red onions

· with chicken (140 Cal)

### **V CAESAR ASIAGO (160 Cal)**

romaine, housemade croutons & asiago cheese

· with chicken (270 Cal)

### **V MEDITERRANEAN SALAD (350 Cal)**

romaine & field greens, hummus, fresh avocado, kalamata olives, feta, grape tomatoes, red bell peppers & cucumbers

· with chicken (350 Cal)

### **CHICKEN COBB AVOCADO (440 Cal)**

chicken, romaine & field greens, fresh avocado, hardwood smoked bacon, gorgonzola, hard boiled egg, grape tomatoes & cucumbers

### **SOUTHWEST CHICKEN (310 Cal)**

marinated chicken, romaine, black beans, roasted corn, fresh avocado, cucumbers & grape tomatoes

## salads for the group

### **CHEF SALAD (1120 Cal per bowl)**

fresh diced turkey & ham, romaine & field greens, hardwood smoked bacon, asiago cheese & grape tomatoes

### **V GARDEN SALAD (250 Cal per bowl)**

romaine & field greens, grape tomatoes, shredded carrots, cucumbers & red onions

· with chicken (680 Cal per bowl)

### **V CAESAR ASIAGO (650 Cal per bowl)**

romaine, housemade croutons & asiago cheese

· with chicken (1080 Cal per bowl)

### **V MEDITERRANEAN SALAD (1400 Cal per bowl)**

romaine & field greens, hummus, fresh avocado, kalamata olives, feta, grape tomatoes, red bell peppers & cucumbers

· with chicken (1820 Cal per bowl)

### **CHICKEN COBB AVOCADO (1790 Cal per bowl)**

chicken, romaine & field greens, fresh avocado, hardwood smoked bacon, gorgonzola, hard boiled egg, grape tomatoes & cucumbers

### **SOUTHWEST CHICKEN (1260 Cal per bowl)**

marinated chicken, romaine, black beans, roasted corn, fresh avocado, cucumbers & grape tomatoes

All salads served with assorted dressings: green goddess (200 Cal), balsamic vinaigrette (100 Cal), caesar (220 Cal), ranch (190 Cal)



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# signature sandwiches

## **ABP ORIGINAL CHICKEN SALAD (500 Cal)**

on croissant – with chicken, cranberries and toasted almonds mixed with mayo, tomatoes & field greens

## **TURKEY CLUB (580 Cal)**

on country white – with NY cheddar, hardwood smoked bacon, tomatoes, field greens & mayo

## **V CAPRESE (540 Cal)**

on ciabatta – with fresh mozzarella, tomatoes, arugula & pesto  
· with chicken (640 Cal)

## **V CHIPOTLE BLACK BEAN BURGER WITH AVOCADO (740 Cal)**

on ciabatta – with NY cheddar, fresh avocado, pickled red onions, tomatoes & chipotle mayo

## **CHIPOTLE TURKEY & AVOCADO (770 Cal)**

on ciabatta - with fresh avocado, NY cheddar, tomato basil bruschetta, arugula & chipotle mayo

## **CHICKEN & AVOCADO (620 Cal)**

on semolina – with fresh avocado, hardwood smoked bacon, tomatoes, field greens & basil aioli

## **CLASSIC TUNA SALAD (480 Cal)**

on croissant – with tuna and ABP signature herb blend mixed with mayo, tomatoes, field greens & red onions

## **CORDON BLEU (630 Cal)**

on semolina - with fresh sliced ham & chicken, swiss, dijonnaise, pickled red onions, spinach & lemon vinaigrette

## **EXTRA BACON BLT (500 Cal)**

on rustic baguette - with 6 slices of hardwood smoked bacon, tomatoes, field greens & mayo



# wraps

## **TURKEY COBB WRAP (680 Cal)**

with fresh avocado, gorgonzola, hard boiled egg, hardwood smoked bacon, cucumbers, tomatoes, field greens & caesar dressing in a whole wheat wrap

## **CHICKEN CAESAR (620 Cal)**

with asiago cheese, romaine & caesar dressing

## **V MEDITERRANEAN WRAP (660 Cal)**

with hummus, fresh avocado, kalamata olives, feta, tomatoes, red bell peppers, cucumbers, romaine, field greens & lemon vinaigrette in a whole wheat wrap

## **NAPA CHICKEN WITH AVOCADO (590 Cal)**

with fresh avocado, tomatoes, cucumbers, romaine, basil aioli & lemon vinaigrette

## **INDIVIDUAL BAGS OF CHIPS**

- Cape Cod Original Potato Chips (220 Cal)
- Cape Cod Barbeque Chips (180 Cal)
- Cape Cod Salt & Vinegar Chips (220 Cal)
- Original Sun Chips (210 Cal)

Selections may vary by location.

Not all items available in all markets.

Before placing your order, please inform an Au Bon Pain representative if a person in your party has a food allergy.

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turkey and chicken.  
no antibiotics. ever.

## SPECIALTY SOUP

accompanied by a basket of freshly baked breadsticks and baguettes (1540 Cal per basket)

- **beef & vegetable stew** - 64 fl oz **(1840 Cal)**  
chunks of tender beef simmered in a burgundy laced gravy with pearl onions, celery, tomatoes, petite carrots and russet potatoes
- **macaroni & cheese** - 64 fl oz **(4720 Cal)**  
small shells in a creamy cheese sauce with cheddar and parmesan cheeses

## SOUP

accompanied by a basket of freshly baked breadsticks and baguettes (1540 Cal per basket)

- **broccoli cheddar** - 64 fl oz **(1760 Cal)**  
chopped broccoli and broccoli florets simmered in a velvety chicken broth seasoned with grated cheddar cheese, herbs and sweet onions
- **chicken noodle** - 64 fl oz **(640 Cal)**  
chicken breast simmered in a chicken broth with tender egg noodles, carrots, onions, celery and select herbs
- **clam chowder** - 64 fl oz **(1840 Cal)**  
chopped sea clams and diced russet potatoes blended with celery, onions, clam nectar, light cream and select seasonings
- **turkey, kale & wild rice** - 64 fl oz **(1670 Cal)**  
pulled turkey, wild rice & kale simmered with carrots, onions & celery in a creamy turkey stock
- **tomato basil bisque** - 64 fl oz **(1290 Cal)**  
savory vegetables and smooth tomato puree in a creamy vegetable broth with basil, fennel, and sweet cream
- **baked stuffed potato** - 64 fl oz **(2060 Cal)**  
russet potatoes with smoked bacon in a rich cream sauce with spring onions and chive

Many more to choose from. Ask about our weekly options.

## BREAD BASKET (1540 Cal per basket)

an assortment of our freshly baked breadsticks and baguettes



# sweets

## **MINI CHOCOLATE CHIP COOKIE SLEEVE (560 Cal)**

6 count mini chocolate chip cookies

## **MINI OATMEAL RAISIN COOKIE SLEEVE (440 Cal)**

6 count mini oatmeal raisin cookies

## **BROWNIE BITES (640 Cal)**

## **ABP MINI BITES (2270 Cal)**

an assortment of freshly baked mini chocolate chip and oatmeal raisin cookies served along with our brownie bites

## **COOKIE COLLECTION**

a selection from our abundant list of freshly baked cookies: red velvet (560 Cal), candy (560 Cal), chocolate chip (370 Cal), oatmeal raisin (290 Cal), double chocolate mudslide (370 Cal).

make your own selections or allow us to send a variety of options.



# drinks

## **CHILLED BEVERAGES**

Nantucket Nectars: Apple (220 Cal), Orange Mango (240 Cal), Ocean Spray: Cranberry (200 Cal), Apple (210 Cal), Orange Juice (210 Cal), Snapple: Diet Peach Tea (10 Cal), Lemon Tea (150 Cal), Perrier (0 Cal) (ask for available flavors)

## **HALF GALLON ICED BEVERAGES**

- lemonade (780 Cal)
- strawberry lemonade (780 Cal)
- unsweetened tea (20 Cal)
- iced coffee (40 Cal)

## **SOFT DRINKS (20 OZ)**

- Dasani Water (0 Cal)
- Aquafina Water (0 Cal)
- Poland Spring Water (0 Cal)
- Ice Mountain Water (0 Cal)
- Pepsi (250 Cal)
- Diet Pepsi (0 Cal)
- Coke (240 Cal)
- Diet Coke (0 Cal)
- Sprite Zero (0 Cal)

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Our catering cancellation policy:

24 hours notice required for cancellation on all orders.

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